

Training Diary – TASK 3

Week 1

Rest Days

My rest days in week 1 were.... (List the days, including the EXACT date eg Sunday 1st September 2019, Monday 2nd September 2019)

Weight / Resistance Training – (Input the full date here e.g. Tuesday 3rd September 2019)

What you are talking about	Your answer (write in FULL sentences) For example, you can't just say ' <i>Fitness Suite</i> ' in the first box. You need to say something like ' <i>On Monday I completed my 6 week PEP in the school Fitness suite.</i> '
Where did you work? What Type of Training is this? (Weight/Resistance / Strength)	
Which one are you improving and why? (related to your targets). <ul style="list-style-type: none">• increase muscular strength – Why?• increase muscular endurance – Why?	
What went well Choose one of the following (Make sure you pick a different one each week); Give a specific machine <ul style="list-style-type: none">- Good effort levels- Back straight	

<ul style="list-style-type: none"> - Full reps done - Arms fully extended - Correct rest time 	
<p>Even better if EBI – what could go better next time, why?</p> <p>Give a specific machine</p> <ul style="list-style-type: none"> - Poor effort levels - Back not straight - Full reps not done - Arms not fully extended - Incorrect rest time 	
<p>Did you enjoy it? Why? (worked hard, fun, correct intensity)</p>	
<p>How did you feel before, during and after the session? Tired, energized, happy – why?</p>	
<p>Any barriers you have overcome today? Money, time, family, tiredness, stress, health issues. Revision, homework etc</p>	
<p>Is there any safety aspects you would change – Say NO will just increase progressive overload. How will you do this? (Increase weight OR Reps)</p>	
<p>What was your resting Heart Rate ? bpm</p>	

<p>What was your working Heart Rate bpm? What % of your max HR is this? (220-age)</p>	
<p>What is your RPE (Rating of Perceived Exertion) Why is this important?</p>	
<p>Are you in the anaerobic training zone (80-100%) Why is this important? (To be working at a high intensity for a short time – if not you are not pushing yourself)</p>	
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Week 2

Rest Days

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<p>What you are talking about</p>	<p>Your answer (write in FULL sentences)</p> <p>For example, you can't just say '<i>Fitness Suite</i>' in the first box. You need to say something like '<i>On Monday I completed my 6 week PEP in the school Fitness suite.</i>'</p>
<p>Where did you work? What Type of Training is this?</p>	
<p>What is your aim for this session (Push harder, better technique, increase</p>	

<p>weight/reps, shorter rest periods etc)</p>	
<p>Which of these did you use from last week to ensure progressive overload – explain</p> <p>F – Frequency – How often you trained (Did you train more times?)</p> <p>I – Intensity – How hard you worked (did you work harder? – Yes you did as you did more weight OR more reps. Give an example of how you increased a specific exercise)</p> <p>T – Time – How long you did it for (did you stay in fitness suite longer? – Yes you did as you slightly did more than last week)</p> <p>T – Type (weight / resistance / strength)</p>	
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Week 3

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<p>Where did you work?</p>	

<p>What Type of Training is this?</p>	
<p>What is your aim for this session (Push harder, better technique, increase weight/reps, shorter rest periods etc)</p>	
<p>Which of these did you use from last week to ensure progressive overload – explain</p> <p>F – Frequency – How often you trained (Did you train more times?)</p> <p>I – Intensity – How hard you worked (did you work harder? – Yes you did as you did more weight OR more reps. Give an example of how you increased a specific exercise)</p> <p>T – Time – How long you did it for (did you stay in fitness suite longer? – Yes you did as you slightly did more than last week)</p> <p>T – Type (weight / resistance / strength)</p>	
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Week 4

Rest Days

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<p>What you are talking about</p>	<p>Your answer (write in FULL sentences)</p> <p>For example, you can't just say <i>'Fitness Suite'</i> in the first box. You need to say something like <i>'On Monday I completed my 6 week PEP in the school Fitness suite.'</i></p>
<p>Where did you work?</p> <p>What Type of Training is this?</p>	
<p>What is your aim for this session (Push harder, better technique, increase weight/reps, shorter rest periods etc)</p>	
<p>Which of these did you use from last week to ensure progressive overload – explain</p> <p>F – Frequency – How often you trained (Did you train more times?)</p> <p>I – Intensity – How hard you worked (did you work harder? – Yes you did as you did more weight OR more reps. Give an example of how you increased a specific exercise)</p> <p>T – Time – How long you did it for (did you stay in fitness suite longer? – Yes you did as you slightly did more than last week)</p> <p>T – Type (weight / resistance / strength)</p>	

<p>What went well</p> <p>Choose one of the following (Make sure you pick a different one each week);</p> <p>Give a specific machine</p> <ul style="list-style-type: none"> - Good effort levels - Back straight - Full reps done - Arms fully extended - Correct rest time 	
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Week 5

Rest Days

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Where did you work? What Type of Training is this?	
What is your aim for this session (Push harder, better technique, increase weight/reps, shorter rest periods etc)	
Which of these did you use from last week to ensure progressive overload – explain F – Frequency – How often you trained (Did you train more times?) I – Intensity – How hard you worked (did you work harder? – Yes you did as you did more weight OR more reps. Give an example of how you increased a specific exercise) T – Time – How long you did it for (did you stay in fitness suite	

<p>longer? – Yes you did as you slightly did more than last week)</p> <p>T – Type (weight / resistance / strength)</p>	
<p>What went well</p> <p>Choose one of the following (Make sure you pick a different one each week);</p> <p>Give a specific machine</p> <ul style="list-style-type: none"> - Good effort levels - Back straight - Full reps done - Arms fully extended - Correct rest time 	
<p>Even better if EBI – what could go better next time, why?</p> <p>Give a specific machine</p> <ul style="list-style-type: none"> - Poor effort levels - Back not straight - Full reps not done - Arms not fully extended - Incorrect rest time 	
<p>Did you enjoy it? Why? (worked hard, fun, correct intensity)</p>	
<p>How did you feel before, during and after the session? Tired, energized, happy – why?</p>	

<p>Any barriers you have overcome today? Money, time, family, tiredness, stress, health issues. Revision, homework etc</p>	
<p>Is there any safety aspects you would change – Say NO will just increase progressive overload. How will you do this?</p>	
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Week 6

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Where did you work? What Type of Training is this?	
What is your aim for this session (Push harder, better technique, increase weight/reps, shorter rest periods etc)	
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<p>of how you increased a specific exercise)</p> <p>T – Time – How long you did it for (did you stay in fitness suite longer? – Yes you did as you slightly did more than last week)</p> <p>T – Type (weight / resistance / strength)</p>	
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<p>Even better if EBI – what could go better next time, why?</p> <p>Give a specific machine</p> <ul style="list-style-type: none"> - Poor effort levels - Back not straight - Full reps not done - Arms not fully extended - Incorrect rest time 	
<p>Did you enjoy it? Why? (worked</p>	

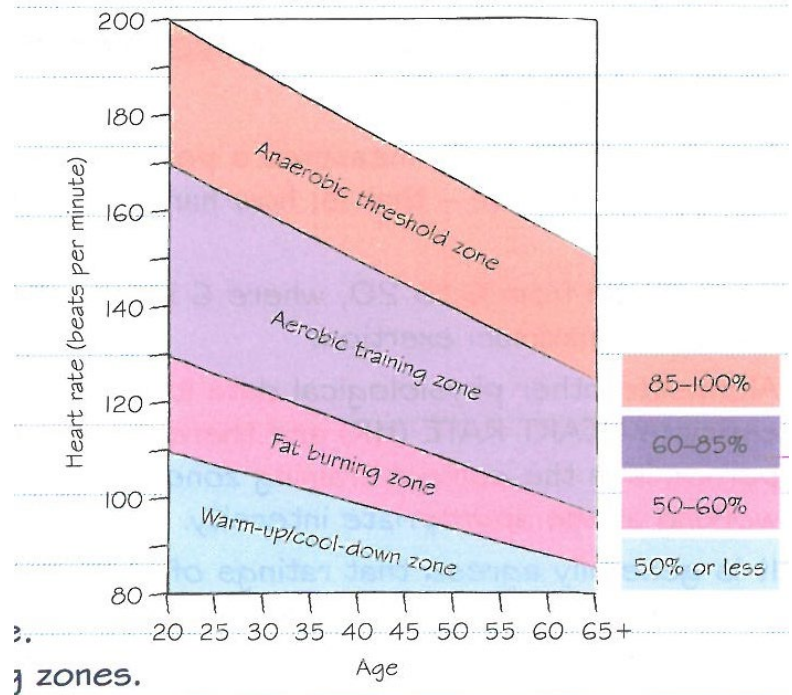
<p>hard,fun,correct intensity)</p>	
<p>How did you feel before, during and after the session? Tired, energized, happy – why?</p>	
<p>Any barriers you have overcome today? Money, time, family, tiredness, stress, health issues. Revision, homework etc</p>	
<p>Is there any safety aspects you would change – Say NO will just increase progressive overload. How will you do this?</p>	
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TO HELP YOU

Rating of perceived exertion	Intensity
6	No exertion
7	
8	
9	
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard (heavy)
16	
17	Very hard
18	
19	
20	Maximal exertion



$$220 - \text{AGE} = \text{MAXIMUM HEART RATE}$$

Example work

Fitness Suite

Tuesday

Tuesday was a rest day so I didn't do any work

Wednesday 5/10/16

On Wednesday I went to the gym. I was working on my muscular strength where I was doing 8 reps of 8 on the lat pull down for example which is a higher intensity to last week where I was doing 8 reps of 7 on the weights machine. This week I have made sure that I have used progressive overload by increasing the intensity on all the machines I have increased the weights I lift on each machine. I know that this will help me because as a footballer I need good strength to hold people off the ball as I am winger and need to be able to out muscle defenders on the wing. The lat pull down went well this week because I kept a straight back and pulled down with a high intensity which made me feel good as I know I worked hard, I also felt my muscles were working hard though out the rep as it was tiring. Next time I will fully extend my arms so that I have to put in that extra work so that I can improve the strength as this made my technique poor and I didn't keep the intensity on my muscles for as long as it could have in my back which will help me hold off defenders. This week I really enjoyed my gym session as I have worked to my maximum ability and felt that my aims/targets was met. After the session I was really tired but at the same time I was happy with my improvements made especially because I upped the weights from 7 to 8 on the row delt. This week I had to find the time to get to xscape gym as I live about an hour away and had to finish some course work, I overcome this by doing half my course work then going to the gym and doing the rest when I got home. I had no safety issues as when I was on the machines with a friend watching in case I began to struggle, which I did not.

This week my working heart rate was 180 bpm which was an increase from last week which was 172 bpm which is because my heart was beating faster and pumping more blood to the muscles that I needed, helping me work at a high intensity as my muscles regain oxygen quicker. This meant that I was working in the anaerobic training zone which shows I've worked at higher intensity and showed progressive overload. The fact my heart rate increased from last week shows my muscles required more energy due to the increase and this shows I am pushing myself. My RPE was 16 which was an improvement from last week as I was really tired after the session and could tell that progressive overload was occurring.